

# Is CBD Oil Addictive?



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Thanks to the many compounds that make up its chemical profile, cannabis is now more widely recognized than ever as a health and wellness resource. Still, a lack of widespread education on the effects, uses, and composition of cannabis means that many still worry about its addictive potential. At the heart of this confusion is an inability to differentiate between cannabis compounds, most notably, between Cannabidiol (CBD) and Tetrahydrocannabinol (THC), the two most prominent cannabinoids found in cannabis plants. But these are two very different cannabinoids with different molecular formula that cause different effects.

A lack of knowledge and understanding will always evoke a sense of fear or worry. Having a better understanding of CBD oils and the effects one can experience from them will help you feel more comfortable about adding them to your wellness regimen.

## The Chemical Composition of CBD

Despite recent strides in cannabis research and education, most folks are still unaware that CBD is only one of the hundreds of cannabinoids and terpenoids that make up the cannabis plant. Of these various compounds, not all of them produce the psychoactive or euphoric effects that people tend to associate with addictive potential. In fact, a relative few of them do.



THC is the primary psychoactive cannabinoid in cannabis plants. CBD also produces mild psychoactive effects (which is why you may have heard it has a “calming” effect on the body and mind), but it does not elicit euphoric sensations or intoxicate its user. (<https://archives.drugabuse.gov/testimonies/2015/biology-potential-therapeutic-effects-cannabidiol>) Cannabinoids, when ingested, will interact with different receptors in the brain and the body. CB1 receptors are most prominently expressed in the brain and central nervous system, while CB2 receptors are most prominent in the immune system. THC is thought to elicit euphoric or intoxicating effects when binding to CB1 receptors. CBD, on the other hand, elicits non-intoxicating wellness effects by interacting with CB2 receptors, and may even block THC receptor pathways, potentially minimizing intoxication.

## Is CBD Oil Safe?

CBD’s relationship to CB1 receptors means it is much less likely to have the same euphoric effects as recreational drugs. In a recent World Health Organization report, ([https://www.who.int/medicines/access/controlled-substances/5.2\\_CBD.pdf](https://www.who.int/medicines/access/controlled-substances/5.2_CBD.pdf)) CBD ranked the same as a placebo on the Addiction Research Centre Inventory (ARCI) dependence scale, demonstrating its potential to maintain the positive physiological effects of cannabis without eliciting intoxicating effects. When talking about the safety and effects of CBD, it’s important to remember that everyone’s body absorbs and reacts to CBD differently. That said, the WHO has also reported that “CBD exhibits no effects indicative of any abuse or dependent potential” in humans, and is generally safe in doses as high as 15,000 mg a day. (<https://pubmed.ncbi.nlm.nih.gov/22129319/>)

Not only is CBD oil safe to consume without the possibility of addiction, it may even be able to help curb cannabis dependence, as well as addictions to other substances in some individuals. A 2010 study, (<https://pubmed.ncbi.nlm.nih.gov/20428110/>) surveyed 94 cannabis users and found that those who consumed high-CBD strains showed a reduced dependence on cannabis and drug stimuli. Researchers concluded that CBD might help treat symptoms of cannabis dependence and some forms of addiction. Another study, (<https://www.sciencedirect.com/science/article/abs/pii/S030646031300083X?via%3Dihub>) published in 2013 found that regular CBD administration helped tobacco smokers reduce their cigarette intake by 40%, while subjects given a placebo didn’t reduce their tobacco intake at all.

## Ensuring Safe CBD Oil Consumption

If CBD poses little to no risk of dependence or addiction on its own, what about a full spectrum of cannabis compounds? Can one take isolated CBD instead of a CBD-rich oil that also includes THC?

The short answer is yes, one can, but that doesn’t necessarily mean one should. One of the benefits of Full Spectrum CBD oils, which retain the full cannabinoid profile of the cannabis plant, is that they offer a natural variety of botanical compounds that work together to promote wellness. The safest way to take full advantage of the plant is to take CBD oils derived from hemp, which only contain trace amounts of THC (no more than 0.3%) under federal law. It’s almost impossible to notice any effects from THC in such small amounts. Think of it as functionally similar to non-alcoholic beers, which still contain tiny amounts of alcohol, but not remotely enough to produce even the slightest buzz.

Safe CBD consumption should also be achieved by consulting with a doctor before administration. It is always important to seek medical consultation when trying a new wellness regimen. Since most CBD oils are considered supplements, not all of them are regulated by U.S. health officials. Therefore, it is imperative to get your CBD oils from a company that controls every step of the process and produces high quality and consistent products.

*For a full spectrum CBD-rich hemp extract that comes with a certificate of analysis, treat yourself to [MyRemede CBD Oil](#) (<https://www.myremede.com/myremedecbdtincture-300mgcbdlemon>), today!*

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